

**Sudbury VASP**

**Notes of Meeting**

**Wednesday 25th July 2018 at Phoenix Children’s Centre Sudbury**

**1.Welcome: Introductions:**

Sally thanked everyone for attending

**2. Attendees: Sally Watson** SCC**, Kelly Bennett** The Befriending Scheme,SCC, **Keith Davis** Farming Community Network, **Chris Boatwright** Kernos, **Wendy Shepherd** Suffolk User Forum, **Susan Capstaff** Richmond Fellowship, **Simon King** Healthwatch Suffolk/Time to Change, **Andrew Good** (NSFT/The Samaritans), **Elizabeth Storer** Health Watch Suffolk, **Aruna Sharma-Balls** BMSDC Communities Team, **Richard Cox** DWP, **Yvonne Edge** TTC,

**Speaker: Vicky Leonard** Storehouse Valley Vinyard (Sudbury Food Bank)

**Apologies: Jo Belfield** Community Action Suffolk, **Tom Osborn** Onelife Suffolk,

**3. Notes of the last meeting**

There were no notes taken at the last meeting. Sally was not present and there were very few attendees, so the meeting was more of a networking catch-up for those present.

**4. Vicky Leonard (Sudbury Foodbank) presentation**

Vicky showed a short film about the work of the food bank where Pastor Emma Darling explained the huge increase in demand for the service. It started in 2007 in the Pastor’s living room, providing a service for 84 people and saw a 79% increase in demand over the next 10 years. There has been a further increase of 35% since last year, so more than 100% increase since it started. 800 children locally live in poverty with factors including short term contracts, zero hours contracts, Universal Credit, and the cost of living all contributing to this. Vicky spoke about the information advice and guidance Storehouse provide as well as friendship for people who attend. She indicated any of the professionals around the table would be eligible to allocate food vouchers for people in need (contact Vicky for these). Sally mentioned Meet Up Mondays (The White Horse on a Monday morning), and a new drop-in at the Baptist Church on a Thursday 10am-12pm where people can have tea and coffee and ‘simple food’ read newspapers, join in activities, and catch up with friends (or get help and advice from the staff). Sally mentioned the list of clubs and activities which Cally had produced before the Local Area Coordination programme ended (attached to the Minutes). Wendy also mentioned Infolink.

**5. Yvonne Edge: Time to Change East of England Community Equalities Coordinator**

Yvonne began by describing Time to Change as a social movement started by mental health organisations to reduce the stigma and discrimination of mental health ten years ago. This is done through social contact by people with lived experience of mental health or wellbeing issues. They sign up to become Community Champions and volunteer to talk to others either face to face, by podcast, blogs, or any other way they feel comfortable to get the message across. As well as community champions there is the Employer pledge which companies can take and draw up an action plan to help support staff, and a children and young persons champions scheme (for under 25’s). Funding from Comic Relief and the Big Lottery is in place until 2021. Yvonne’s role is to ensure the scheme is sustainable when funding has ceased. She requested that TTC is a regular agenda item at the VASPs, and people are encouraged to become Champions. Yvonne can offer training (5 modules) for new Champions with Stowmarket possibly being the venue (8 Champions needed per training session). Lastly Yvonne was pleased to announce that the TTC model is so successful it is now spreading to Commonwealth countries.

**6. Wendy Shepherd: Mental Health Transformation Plan**

Wendy described the Transformation plan as a different way of having a conversation. The question to be asked is “So what would make your mental health and wellbeing better?”

The plan is being developed by Suffolk User Forum, Suffolk Family Carers, Healthwatch Suffolk and the Parent/Carer Network. It is not aimed at just service users, but everybody in Suffolk can give their views. People can say “What I want is this. This is what can help me with my wellbeing”. It also includes physical health. NSFT staff are being asked how things can change to help them do their job better. The questionnaire can be found on any of the participating organisation’s website (Suffolk User Forum, Suffolk Family Carers, Suffolk Parent/Carer Network, Healthwatch Suffolk). People can fill in the questionnaire which is most suited to them, however, they are not limited to just one. If they are a service user, carer and professional they can complete 3 different forms. The deadline is the **end of September.**

**7. Round the Table Updates**

**Sally:** Attended the NSFT Men’s Mental Health conference on Friday, very good event with some powerful stories (other members of the VASP who attended agreed). Last week Sally attended the launch of Babergh & Mid Suffolk’s ‘Community Approach to Support People to be more physically active’ at Long Melford. This project is being delivered by Suffolk Sport and in this first year is covering the Long Melford and Lavenham area (being supported by the GP’s surgeries). Sally mentioned this year’s World Mental Health Day, and how the Sudbury VASP would be celebrating it. It was agreed to hold an event on the Market Hill on Thursday 11th October (to coincide with the Market day). Wendy, Chris, Kelly, and Sue all agreed to help, and Yvonne said she would try and get some TTC Champions to attend. Sally will make the arrangements with the Town Council to have a stall, and contact the local MP James Cartlidge, and ‘Our Special Friends’. Other arrangements will be made via email as Sally will not be at the next VASP meeting in September.

**Aruna:** Is working on mental health in the workplace. She has prepared a pledge for BMSDC which is with HR awaiting ratification. Locally the local authority has a link on their intranet to mental health services to help staff. Aruna is also working on an Artlink project in October for parents with mental health issues in Stowmarket. If this is successful funding will be sought to replicate it in Sudbury.

**Elizabeth:** Usual surveys being conducted. ‘My health Our Future’ is ending, information being collated to produce a report.

**Chris:** 242 referrals (143 adults and 99 CYP) this year ranging in age from 5-93 yrs.73 people are currently on the waiting list, this is largely due to participants needing more than their allocated sessions. There is funding for adult carers (unfortunately not young carers) again this year, as well as funding for work in Gt. Cornard. In September Kernos staff will be working with ten local primary schools and academies on ‘Staying Safe online’ Internet training which is a NSPCC training tool. Chris stated it was impossible to refer to CAMHS, and there was no other follow-up support for young people. She also mentioned two people who had tried to take their life, who were released from hospital after one night with no follow-up services offered to help them.

**Wendy:** Advocacy service is still happening with James going into all wards in both hospitals to offer advocacy. Wendy mentioned the problem with the new GDPR system reducing their mailing list from 900 to 35 (she provided sign-up forms and said they could be found electronically on the Suffolk User Network website).

**Simon:** Stated just under £9,900 of the £10,000 had been allocated to TTC Champions for putting on events (to allow opportunities for conversations) in the community across Suffolk. Suffolk VASP now has resources for events to promote the VASP including wristbands, pens, bags, flyers and pop up banners (to arrive soon). Currently there are 2200 followers on Instagram and Twitter for the VASP.

**Keith:** The Farming Community Network has a helpline open from 7am-11pm (messages can be left overnight and picked up the following morning). The number is **0300111999**. Normally there is a lull over the summer but this year there were twice as many calls to the helpline in June than before. The extreme weather has added to problems as straw has not grown and is too short to be baled and there have been several fires on the land.

**Andrew:** NSFT have 2 Non-Executive Director vacancies. This time the recruitment pack is targeted at people with mental health experience or those who are involved in mental health in a professional or voluntary capacity. The idea is to balance the skills mix of the trust. It is a paid role (£13,000 for just over 6 days’ work per month). Andrew also spoke about the project CCGs (in Suffolk) have funded to help the mental health needs of rough sleepers who are often overlooked as they are not registered with a GP. Councils have been helpful with information about rough sleepers in their locality, there are now outreach workers engaging with rough sleepers. New directions will ensure clinical staff are represented at all case-work meetings.

**Sue:** Expressed her frustration hearing about all the good work/clubs/organisations occurring in Sudbury but is too busy to attend any of them. Richmond Fellowship have 3 staff leaving shortly, so with 16 flats in Sudbury, they are at full stretch.

**Richard:** Made a request that we contact him regarding our work ‘on the ground’ in Sudbury, so he can see from a practitioner’s role what the town is like, the issues there are and gaps in services.

**Kelly:** Made a request for volunteers at the Hadleigh and Sudbury family groups she runs (for more information please contact Kelly). Spoke about the TTC event on Saturday 4th August she is organising. There will be a market stall on the Market Hill form 11am (please arrange for leaflets to be collected if you wish Kelly to organise your organisation). There will also be a music event in St. Peter’s Church from 2pm-6pm. All participants have or have suffered in the past with mental health or wellbeing issues. Refreshments will be available (free of charge). Cake donations or helpers on the day will be warmly received.

**8. Date of next meeting**

Wednesday 26th September, 10am @ The Phoenix Children’s Centre